

Cooperative Extension



Promoting Fruit and Veggie Consumption and Improved School Wellness in Nine New Jersey Schools

Karen Ensle, EdD, RD, FADA, CFCS, Marketing Committee, "Grow Healthy" Project

Rutgers Cooperative Extension's Department of Family and Community Health Sciences (FCHS) and the New Jersey Department of Agriculture have chosen nine schools to receive \$7,500 mini-grants for programs to help students eat more fruits and vegetables, learn about good nutrition and stay physically fit while promoting locally grown produce.

"Children are more likely to eat foods they've had a part in growing, so with this funding, the schools will plant vegetable gardens and get a hands-on lesson on where our food comes from," said New Jersey Secretary of Agriculture Douglas H. Fisher. "The aim of the grants is to help students make healthier choices when reaching for a snack, instill an appreciation for produce grown here in the Garden State and promote healthier lifestyles."

Dr. Kathleen Morgan, Chair, Department of Family and Community Health Sciences of Rutgers Cooperative Extension along with colleagues Karen Ensle, EdD, RD, FADA, CFCS; Luanne Hughes, MS, RD, Sherri Cirignano RD, MPH; Michelle Brill, MPH; Sandra Greci, MS, RD; CDE; Daryl Minch, M.Ed., CFCS; Sharese Porter, MPH; Marilou Rochford, MA, CFLE; and Joanne Kinsey, MS; have welcomed three part-time regional coordinators: Corey Wu-Jung, MS, RD, (North); Carley Fisher-Maltese MA, PhD Candidate (Central); LeeAnne Savoca, MS, RD (South); to work with the FCHS faculty to facilitate the grant project in these nine schools.

"Grow Healthy" New Jersey, a Garden-Based School Wellness Team Nutrition Grant Program

had over 84 schools apply. After rigorous review, nine schools were selected in the following counties: Atlantic, Cape May, Gloucester, Burlington, Mercer, Hunterdon, Warren, Somerset and Union. These schools were chosen based on their commitment and and potential to provide
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Queen City Academy, Plainfield, NJ start to get ground ready for planting in the Spring 2011.



Queen City Academy Students decide whether foods are 'Go', 'Whoa' or 'No' according to fat, salt and sugar content.



Kindergarten students learn about choosing healthy foods as part of "Grow Healthy".

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Am I at Higher Risk of Food Poisoning?

Dane Jensen, BS, Graduate Student, Food Science and
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The American food supply is generally quite safe when it comes to the risks of foodborne disease. While outbreaks and recalls do occur from time to time, most of our food supply is put through a series of checkpoints to ensure microbial safety. Unfortunately, many Americans (about 20%) are considered immunocompromised or otherwise at higher risk for food poisoning. A person is considered immunocompromised when the body's natural defenses against infections are reduced or absent.

The very young (less than 1 year of age), expectant mothers, the elderly (65+), the malnourished, and those who have immune-related diseases, are all considered at higher risk for foodborne illnesses when compared to the rest of the population. If you are at risk or if you care for someone who is at risk, it is important to be especially careful when choosing and preparing foods to minimize the risk of food poisoning.

How do I know if I am at risk?

Pregnant mothers, people who have been treated with antibiotics, patients undergoing cancer treatment, diabetics, or people who are HIV-positive are all at higher risk of foodborne disease. Short-term treatments, such as antibiotics, normally used to treat an infection, can put a person at risk for up to three months after use. Long-term treatments, such as immunosuppressant drugs, can put a person at higher risk for a lifetime. Liver dysfunction (due to alcoholism or other medical conditions) and chronic use of antacids can reduce the absorption of nutrients (such as vitamin E), which is essential for a strong immune response. Additionally, antacids can also reduce the effectiveness of normal stomach acids that help protect against harmful pathogens.



Foods to avoid if you are at risk

If you or a family member fall into one of the high-risk categories listed above, you should be especially careful about the foods you choose to consume. Undercooked or uncooked meat, eggs, fish and shellfish are all risky foods. Unpasteurized dairy products or juices, sprouts and deli meats are also considered risky.

What is the government doing to protect those at risk?

Many facilities that house immunocompromised individuals, such as hospitals, assisted living centers, daycares, and schools are required by state law to have a food safety management system in place. Major food producers, including meat, poultry, seafood and juice processing facilities are required to have mandatory food safety plans in place. The new Food Safety Modernization Act signed into law by President Obama in January of 2011 authorized the Food and Drug Administration to make further changes to improve the overall safety of the US food supply.



The USDA Food Safety and Inspection Service (FSIS) has several fact sheets about food safety that are aimed at specific at risk individuals including pregnant women, cancer patients, or individuals undergoing antibiotic treatments. Access these fact sheets at this link: http://www.fsis.usda.gov/fact_sheets/At_Risk_&_Underserved_Fact_Sheets/index.asp

Further Reading:

Barbara M Lund & Sarah J. O'Brien, 2011, *The Occurrence and Prevention of Foodborne Disease in Vulnerable People*, Foodborne Pathogens and Disease, DOI: 10.1089/fpd.2011.0860

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Choosing Child Care That Promotes Good Health

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According to the US Bureau of Labor Statistics 66% of women with children ages 17 or younger work either full or part time. Among those working mothers, 74% work full time while 26% work part time.

- The U.S. Census Bureau reports that 48% of children aged 0 to 4 with employed mothers were primarily cared for by a relative while she worked.
- Twenty-four percent (24%) spent the most amount of time in a center-based arrangement (day care, nursery school, preschool, or Head Start).
- Fourteen percent (14%) were primarily cared for by a non-relative in a home-based environment, such as a family day care provider, nanny, babysitter, or au pair.
- More children in families at or above the poverty line were in center-based care (26%) than were cared for by other relatives (5%).



What should parents look for in child care? A 2010 report, *Preventing Childhood Obesity in Early Care and Education Programs*, by the American Academy of Pediatrics, American Public Health Association and the National Resource Center for Health and Safety in Child Care and Early Education, provides research-based standards for nutrition, physical activity, and screen time which support the development of healthy lifestyle habits. Examples are:

Nutrition:

- Caregivers and teachers always hold infants for bottle feeding of human milk or formula.
- Mothers are encouraged to breastfeed on-site, if possible, and breastfeeding families are welcomed.
- Children (youngsters over 12 months of age) are served 100% full strength fruit juice in small amounts, 4-6 ounces; none is given to infants.
- Menus provide age-appropriate whole grains, vegetables, fruits, chicken, fish, and beans, and avoid salty and fried foods as well as trans fats and saturated fats.
- Children are served age-appropriate portions that meet national requirements for children in early care and education.
- Mealtime is relaxed and enjoyable—a time when adults and children talk together and share conversation and learning opportunities with each other.



Physical Activity:

- Infants have supervised tummy time daily.
- Children are given ample physical activity time each 8 hour day (toddlers, 60-90 minutes; preschoolers, 90-120 minutes).
- Children are encouraged to drink water throughout their activities.
- Children under two years of age don't watch TV, DVDs or use computers.
- Children two years and older have no more than one-half hour total screen (TV, DVD, computer) per week.
- Children do not watch TV or DVDs during meals or snack times.



The White House's Let's Move! Child Care campaign, the U.S. Department of Health and Human Services' Healthy People 2020, and ShapingNJ - the state partnership for nutrition, physical activity and obesity prevention- an initiative of the NJ Department of Health and Senior Services have each established goals, strategies and training opportunities for promoting healthy practices in child care. The NJ Department of Children and Families' Office of Licensing has drafted updated regulations based upon recommendations made by an expert state committee. These will soon be available for public comment.

When choosing child care consider these important health considerations, your child's particular needs, your budget and priorities. Interview a variety of providers, visit some sites, check references and consult the resources below.

References:

Quality Child Care: A Guide to Choosing Child Care available from Child Care Connection at 609-989-7770 or mail@childcareconnection-nj.org.
<http://www.state.nj.us/humanservices/dfd/programs/child/ccrr/index.html>
http://nrckids.org/CFO3/PDFVersion/preventing_obesity.pdf
www.healthykidshealthyfutures.org
<http://www.state.nj.us/humanservices/dfd/programs/child/choosing/childcenters.html>

Quinoa: The Lost Treasure

Hyemyung Kim, UMDNJ Dietetic Intern

Karen Ensle EdD, RD, FADA, CFCS, UMDNJ Preceptor & FCHS Educator, Union County



The Incas, who held this grain crop to be sacred, referred to quinoa as chisaya mama or 'mother of all grains'. The first seeds of the season were traditionally sowed by the Inca emperor using his 'golden implements'. To most families and individuals today, this grain is unfamiliar. With the health emphasis on eating more whole grains daily, quinoa is becoming more popular and you see it in magazines and recipes. So the question is, what is this grain that is gaining in popularity?

Quinoa, pronounced KEEN-wah, is an ancient seed that is harvested from the Chenopodium or the Goosefoot plant which is native to South America. While it is mistakenly associated with the grain family, quinoa is actually more closely related to beets and spinach. Quinoa, once cooked, is fluffy and slightly translucent. It has a crunchy and slightly nutty flavor. The most popular type of quinoa is a transparent yellow color, but other varieties are red, black, orange, purple, and pink in color. Once considered "the gold of the Incas," many people today have come to regard quinoa as a superfood once again due to its high nutrition value.



As you can see from the nutrition facts, quinoa is an excellent source of carbohydrates and fiber. In addition, the grain is considered a complete protein, which means that it contains all nine essential amino acids. While other grains do not contain the amino acid lysine, quinoa is abundant in it. Lysine is good for our bodies because it is required for the growth and repair of body tissue. The high protein content makes quinoa a great meat substitute for vegetarians.

Quinoa Nutrition Facts

Serving Size: 1 cup cooked quinoa

Calories: 222 kcal

Carbohydrates: 39.5 g

Fiber: 5 g

Protein: 8.2 g

Fat: 3.6 g

Sodium: 13 mg

Potassium: 318.8 mg

Vitamins

Vitamin B1/Thiamin: 14% DV

Vitamin B2/Riboflavin: 12% DV

Vitamin B3/Niacin: 4% DV

Vitamin B6: 11% DV

Quinoa is abundant in minerals and vitamins as well. It is rich in manganese, magnesium, and phosphorus. As a matter of fact, you can note that a serving of quinoa provides 58% of the daily value (DV) we need for manganese, 30% DV for magnesium, and 28% DV for phosphorus. The % Daily Values is based on the daily value recommendations for key nutrients based on a 2,000-calorie daily diet.

Cooked quinoa is also a good source of iron, folate, and fiber. These minerals are especially important in a pregnant woman's diet because they help in the development of the baby, meet the increased needs of the body, and aid in digestion. Moreover, quinoa is a good source of potassium, copper, calcium, vitamin E, vitamin B6, riboflavin, folate, niacin, and thiamin. Are you thinking quinoa is a super food?

Despite its rich nutrition value, quinoa is low in calories, making this grain a great way for dieters to pack in nutrients and save calories! The high protein and slow-releasing carbohydrates help to keep you full longer by maintaining blood sugar levels. Quinoa is gluten-free and wheat-free, making it a great alternative for people who are gluten-intolerant or have wheat allergies. It is low in cholesterol and trans-fat, which supports a heart-healthy diet.

Cooking quinoa is quite easy. It is prepared the way most other grains are cooked. First, rinse the quinoa in water to remove the bitter substance called saponins that cover the outer layer. Next, add one part of quinoa to two parts of liquid (i.e. water, broth) in a saucepan and bring the mixture to a boil. Once it is boiling, reduce the heat to simmer and cover for 15 minutes. The quinoa is fully cooked once the grains have become partly transparent. One easy and quick way to eat quinoa is to add chopped walnuts, diced tomatoes, spinach, fresh mozzarella, and lemon juice with a dash of olive oil to the mixture for a Mediterranean twist. Now that you know all about quinoa, try substituting this nutrient-dense grain for rice, pasta or potatoes and experiment! Enjoy!

For more information:

Cooking Quinoa. Updated 2011. Accessed October 19, 2011.

Available at: <http://www.cookingquinoa.net/quinoa-nutrition-facts>.

Introducing Quinoa - Nutrition Facts. Accessed October 19, 2011.

Available at: <http://www.quinoa-nutritionfacts.com/>.



Financial Planning: *How Do You Measure Up for 2012?*

Barbara O'Neill, PhD, *Extension Specialist in Financial Resource Management*



Many people are interested in measuring their progress or status regarding their finances and health. They seek all types of tools in order to keep these two major areas of their life balanced. Whether it is financial literacy, or school test scores, or health and lifestyle habits, people want ways to determine how they “measure up.”

The word “metric” is used a lot in both the health and financial fields and can be defined as “a system of measurement that facilitates the quantification of some particular characteristic.”

Here are some important metrics when keeping your finances in order.

Consumer Debt-To-Income Ratio - Monthly consumer debt expenses (excluding a mortgage) should not exceed 15% of take-home pay. This includes payments for credit cards, car loans, and student loans. A debt-to-income ratio of 20% or more is considered a “danger zone” and a red flag for financial distress.

Credit Score - The higher the number, the better. Credit scores range from the 300s to 850 with those in the 760+ range considered the best evidence of creditworthiness. People with high credit scores generally pay lower interest rates to borrow money than others.

Emergency Fund - Financial experts generally recommend having access to enough cash to cover household expenses for at least three to six months. This money can be a combination of liquid assets (e.g., money market fund) and lines of credit (e.g., home equity line).

Expense Ratios - An expense ratio is the percentage of mutual fund assets deducted for management and operating expenses. The lower the number, the better; for example 0.20 (1/5 of 1%) versus 1.5%. High expense ratios are a drag on investment returns and should generally be avoided.



Inflation Rate - Some people use the annual inflation rate (measured by the Consumer Price Index) as a benchmark and try to have their investments outpace it by a certain percentage.

Investment Returns on Specific Securities - Investment performance is generally tracked against market indices. Indices are portfolios of stocks or bonds that are tracked to monitor investment performance. Some common indices used to measure personal investment performance against include the Standard and Poor's 500 (tracks 500 large U.S. company stocks), Wilshire 5,000 (tracks all U.S. stocks), and MSCI EAFE index (tracks the performance of stocks issued by overseas companies).

Net Worth - Net worth is calculated by subtracting household debts from household assets. A benchmark for net worth, described in the book *The Millionaire Next Door*, is calculated by multiplying your age by your pre-tax (gross) income, excluding inheritances, and dividing by ten. This number, or higher, is what your net worth should be. For example, if you are age 35 with a \$40,000 gross income, $35 \times 40 = \$1.4$ million, divided by 10 = \$140,000 for an adequate net worth.

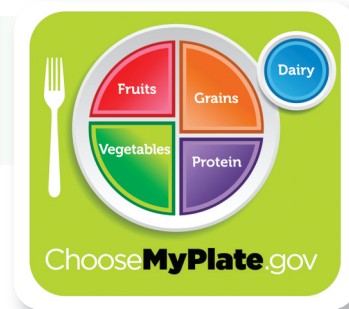
Retirement Savings - A general guideline is to save \$300,000 for every \$1,000 of monthly income (to supplement a pension and/or Social Security) needed in retirement. For example, \$3,000 of supplemental monthly living expenses would require a \$900,000 nest egg. This calculation is based upon the maximum 4% withdrawal rate recommended by many researchers. Four percent of \$300,000 is \$12,000 per year or \$1,000 per month. Studies have found that a portfolio comprised of 50% stock and 50% fixed-income and cash assets will generally last 30 or more years with a 4% withdrawal rate.



U.S. Household Financial Data - Statistics from federal government databases, such as the Survey of Consumer Finances and Bureau of the Census data, provide useful financial benchmarks. Average household expense figures, asset holdings, and net worth can all be used for comparison purposes.

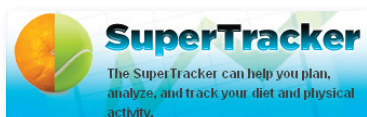
Using the Choose MyPlate – SuperTracker

Joanne Kinsey M.S., CFCS, Family & Community Health Sciences Educator,
Atlantic & Ocean Counties



In December 2011 the United States Department of Agriculture (USDA) released the SuperTracker tool on the www.ChooseMyPlate.gov website. The new tool gives the consumer the opportunity to;

- 1) look up nutrition information for over 8,000 foods
- 2) track the foods consumed and compare it to personal nutrition targets
- 3) enter physical activities and track progress
- 4) get weight management guidance and track progress
- 5) choose up to 5 personal goals and receive virtual support, and
- 6) view reports on personal progress.



To set up your personalized program start by entering information into 'Create a Profile'. Here you will provide information about your age, weight and height. Once your profile is accepted the Food Tracker will allow you to enter the typical favorite foods you eat in a normal day. As you enter the food type the tracker will begin calculating the number of calories, sodium, sugars, oils, and saturated fat in

each food and maintain a total. At this point you have the option to compare a similar food and its nutrient analysis to determine if there is a better food choice for that item.

The tracker continually shows how your food choices compare to the amount of oils, calories, saturated fats, and sodium recommended each day. It also shows the amount of calories you consumed in relation to recommended amount for the day and the balance of calories remaining for your age, gender, and level of physical activity. At the same time, your Daily Food Group Targets display the amount from each food group (grains, vegetables, fruits, dairy, and protein foods), the amount eaten, and status of your food intake (under the target amount, at the appropriate amount, or over the recommended amount). The tracker informs you of the amount of empty calorie foods (foods without nutrient density, such as soda which contains calories and sugar consumed with no nutrient value) as you add each new food into the day.

It is interesting to add a few typical foods you consume and watch the amounts of calories change. The program shows a chart of the amount of food consumed by food group, which allows the consumer to see how much they are consuming from all the food groups. The visuals are useful and provide insight into the amounts of foods actually consumed. The tracker tool provides an eye-opening lesson in understanding the foods consumed, their nutrient value, saturated fat, sodium, and ounces eaten by food group! Take a few moments to give the USDA SuperTracker a try and then decide if this is a useful tool for you and your family. The tracker is an ideal tool to help you choose a healthy lifestyle. Go to <https://www.choosemyplate.gov/supertracker>

Promoting Fruit and Veggie Consumption and Improved School Wellness in Nine New Jersey Schools *continued from page 1*

their students, staff, families and broader school communities with the best possible opportunities to improve their health through improved nutrition and physical activity.

Recipients of the mini-grants were: **Aura School in Elk Township, Cape May City Elementary School, Chesterfield Township Elementary School, Ethel McKnight Elementary School in East Windsor, Francis A. Desmares Elementary School in the Flemington Raritan Regional School District, Knowlton Township Elementary School, Mount Prospect Elementary School in Basking Ridge, Queen City Academy Charter School in Plainfield and Uptown School Complex in Atlantic City.**

The nine pilot schools must use their mini-grants to promote fruit and vegetable consumption through fun,

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Food Fast Doesn't Have to Mean Fast Food!

Carol Byrd-Bredbenner, PhD, RD, FADA, Nutrition Extension Specialist

Think you don't have time to eat a healthy diet? Think again! Many healthy foods can be fast and convenient. Which is faster? Pouring a glass of milk or soda? Serving a bag of chips or baby carrots? The many timesaving and healthy options available let you rapidly pull together meals your family will love. Stocking up on nutrition-packed foods like these can help you reach this goal.

- **Breads** - corn tortillas, whole grain English muffins, bagels, breads, and wraps, frozen whole wheat waffles
- **Grains** - instant oatmeal, quick cooking brown rice and pasta, couscous, whole wheat bread crumbs, frozen or refrigerated pizza crust
- **Fruits** - fresh (pre-washed, pre-cut, salad bar), dried, frozen, canned
- **Vegetables** - fresh (pre-washed, pre-cut, salad bar), frozen, canned, sun-dried
- **Sauces** - tomato pasta sauce, salsa
- **Soups & Broths** - canned, frozen, aseptic cartons
- **100% Juice** - refrigerated, frozen, canned, boxed
- **Milk** - fresh, canned, shelf-stable packages
- **Eggs** - fresh eggs, egg whites in cartons
- **Cheese** - sliced, cubed, shredded, crumbled
- **Beans/Legumes** - canned beans, like black beans and chick peas
- **Nuts and seeds** - bagged, canned, nut butters
- **Chicken** - frozen or fresh boneless breasts, canned
- **Seafood** - fresh or frozen ready-to-cook fish fillets, frozen shrimp, canned tuna, salmon, and sardines
- **Beef** - pre-made lean ground patties, ready-to-cook kebabs
- **Flavorings** - add zing with dried herbs & spices, vinegars, mustard, hot/steak sauces, lemon/lime juice, light dressings, non-fat sour cream

These foods can be combined in endless ways. Keep a ready stock at all times, so you have the right ingredients on hand to serve healthy, streamlined dinners every night of the week.

Why choose whole grains?

They provide more fiber and a wider array of vitamins and minerals without adding calories.



Concerned that canned or frozen fruits and vegetables short-change your family?

Actually, fresh is not always best!

Research shows the nutrient levels of fresh, frozen, and canned foods are highly comparable.



Afraid produce will spoil before it's eaten?

Put fragile fresh fruits and vegetables (berries, salad greens) on the menu for days right after food shopping. Buy sturdy fresh produce (apples, citrus, celery, carrots), or canned, frozen, or dried versions for later in the week.



Promoting Fruit and Veggie Consumption and Improved School Wellness in Nine New Jersey Schools *continued from page 6*

interactive lessons and activities, which link the classroom education to the foods served in the cafeteria, including food tastings, promotion of locally grown produce and strategies to engage families and the community. A school garden will be planted in each of the nine schools during the Spring of 2012. Schools are required to grow at least three different vegetables that will be harvested and sampled by students. Volunteers have been trained as "Wellness Champions" to assist in teaching lessons to the youth, assist in developing and managing the school gardens and helping with other parts of the project. A "Grow Healthy" 5-week pedometer program will be initiated in 2012 in all nine schools with grades 4-6 to promote fitness. In addition, a second, state-wide training of school food service managers will be conducted in three locations in August, 2012 to promote menu changes that follow the New Healthy Hunger Free Kids Act.

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Promoting Fruit and Veggie Consumption and Improved School Wellness in Nine New Jersey Schools *continued from page 7*



The nine mini-grants are part of a two-year, \$340,250 Team Nutrition Training Grant from the United States Department of Agriculture to train foodservice professionals to increase fruit and vegetable consumption and promote locally grown produce in school meals, and to promote school wellness councils. School foodservice will be trained on how to make their meals more appealing and "kid-friendly," along with how to initiate school gardens and more Farm to School programs. New Jersey's Department of Agriculture is working with Rutgers Cooperative Extension's Department of Family and Community Health Sciences Department (FCHS) to facilitate the project.

Another component of the grant program, New Jersey schools will be encouraged to take the Healthier U.S. School Challenge, www.fns.usda.gov/tn/healthierus/index.html, a voluntary initiative established to recognize schools participating in the National School Lunch Program that have created healthier school environments through the promotion of nutrition and physical activity. The FCHS Department will also work with schools and parents to review and improve their School Wellness Policy.

Rutgers' FCHS Department has been engaged in a four-year initiative, **"Get Moving Get Healthy New Jersey"** partnering with the 4-H Youth Development Department of Rutgers Cooperative Extension. The initiative is targeted at improving the nutrition and physical activity of New Jersey residents.

FCHS received the esteemed 2010 American Dietetic Association President's Circle Award for Nutrition Education as a model program in Boston, Massachusetts at the national meeting; and recently received the 2011 NIFA/USDA Partnership Award for Innovative Program Models on October 6, 2011 in Washington, D.C. This prestigious award from the United States Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA) represents the last five years of educational outreach encouraging improved eating behaviors and increased physical activity in the 21 counties of New Jersey through multidisciplinary health promotion programs under the umbrella of **"Get Moving, Get Healthy, NJ."**

References:

State of the Plate: 2010 Study on America's Consumption of Fruits and Vegetables, 2010.

Produce for Better Health Foundation. Web. <http://www.pbhfoundation.org>.

Produce for Better Health Foundation. Fruits and Veggies, More Matters. <http://www.fruitsandveggiesmorematters.org/>